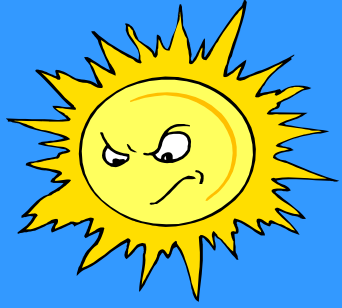

Summer Safety Campaign 2004

Wellness Issues!

Suicide Prevention

Primary Signs: Feeling Hopeless/Helpless/Worthless

Depressive Symptoms: Withdrawal, Sadness, Lack of Energy, Weight Change, Irritability, Emotional Flatness or Emptiness

Keys to Prevention: Be Alert to Warning Signs and Reach Out to the Suicidal Person

Remember: Take Threats Seriously Answer "Cries for Help" Confront the Problem Tell Them You Care GET PROFESSIONAL HELP!!!

More detailed information is available at:

Food Safety

- **Keep Food Safe.**
  - ✓ Wash hands before handling food and use clean utensils and containers.
  - ✓ Keep dairy products in refrigerator.
  - ✓ Keep food in original container – check expiration dates and storage / handling instructions.
- **Prevent Contamination.** Keep foods covered to prevent contamination by insects.
- **Leftovers** – if in doubt, throw them out.

For more information go to: http://www.fsis.usda.gov/

Domestic Violence

Domestic Violence includes emotional and physical abuse, economic control, interference with personal liberty, and the use or threat of using force.

Child Abuse includes physical injury, sexual/emotional maltreatment, deprivation of necessities, withholding of medically required treatment by the individual responsible for a child's welfare.

The Army Family Advocacy Program provides education, resources, and services to all victims and offenders.

GET PROFESSIONAL HELP!!!

More detailed information is available at:

ADAPCP

Alcohol & **D**rug **A**buse **P**revention & **C**ontrol **P**rogram

Prepared by the
Community Counseling Center
(6th ASG, Stuttgart)

Incompatibility Of Substance Abuse and Government Service

Alcohol and drug abuse are incompatible with military service (AR 600-85), and any use of illicit drugs is considered abuse. The irresponsible use of alcohol (i.e., drunk on duty or driving under the influence of alcohol) is considered abuse and is subject to judicial and/or non-judicial action.

ADAPCP'S MISSION

- Identification & Referral
- Evaluation & Treatment
- Biochemical Testing
- **Education & Prevention**

ADAPCP Organization

- Alcohol & Drug Control Officer (ADCO)
- Education Coordinator (EDCO)
- Biochemical Testing Coordinator (BTC)
- Clinical Director
- Alcohol & Drug Abuse Counselor
- Adolescent Substance Abuse Counselors (ASACS)

Identification and Referral

- Self
- Command
- Biochemical
- MP Blotter
- Medical

Evaluation and Treatment

- Evaluation by Counselor
- Rehabilitation Team Meeting (RTM)
  - Commander
  - Soldiers Supervisor
  - ADAPCP Counselor
- Possible Recommendations
  - No Enrollment
  - Outpatient Treatment
  - Inpatient Treatment

Biochemical Testing

- **Objectives**
  - ID service-members using illicit drugs
  - To deter
  - Monitor rehabilitation progress
  - Develop data regarding drug use
- **Three Types of Testing**
  - Commander-directed
  - Physician-directed
  - Rehabilitation testing

DRUGS TESTED

- **EVERY TIME:** THREE DRUGS (Cocaine, Amphetamines, THC)
- **PLUS:** ROTATE A FOURTH (PCP, LSD, Opiates, Barbs)
- **AND:** COMMAND CAN REQUEST SPECIFIC DRUGS BE TESTED

Classes of Drugs

- Depressants
- Stimulants
- Hallucinogens
- Narcotics

What Constitutes a Drink?

- 1.5 ounces 80 proof distilled spirits
- 12 ounce American beer
- 5 ounce glass of wine
- 12 ounce wine cooler
- Absorption and oxidation

Guidelines for Responsible Drinking

DO's

- Set a Limit
- Healthy Activities
- Eat
- Know Signs/BAC
- Drink Standard Size

DON'T's

- Drink Straight
- In Morning
- When Hungry/Thirsty
- Engage in Contests
- Drink when upset
- Mix medicines

The disease concept of addiction

Why is alcoholism and drug addiction considered a disease?

Characteristics of Substance Dependence

- Obsessive and Compulsive
- Chronic
- Progressive and Fatal
- Treatable

Criteria for Substance Abuse

- Failure to fulfill role obligations at work or home
- Physically Hazardous
- Legal Problems
- Continued use despite social/ interpersonal problems

Criteria for Substance Dependence

- Tolerance
- Withdrawal
- Larger amounts taken or taken longer than intended
- Persistent desire or unsuccessful efforts to cut down
- Great deal of time spent obtaining, taking or recovering from substance
- Important activities given up or reduced
- Continued use despite

Managing Stress

- Be aware of your stressors and reactions.
- Recognize what you can change
- Moderate emotional reactions to stress
- Moderate physical reactions to stress
- Build physical reserves
- Build emotional reserves

Defense Mechanisms

- Denial
- Externalization
- Rationalization
- Minimization
- Enabling

Need Help?

Contact The Counseling Centers at Your Local ASG or BSB